



CORN & HALOUMI FRITTERS

with Sweet Potato Toss



Make corn & haloumi fritters



Sweet Potato



Corn



Long Red Chilli (Optional)



Coriander



Spring Onion



Carrot



Zucchini



Haloumi



Cucumber



Mixed Salad Leaves



Sweet Chilli Sauce

- Hands-on: **20 mins**
- Ready in: **35 mins**
- Spicy (optional long red chilli)

These juicy, sweet and salty fritters are the perfect marriage of flavours and easy cooking techniques. Each fritter is packed with veggies, but also has tasty haloumi to add plenty of cheesy goodness!

Pantry Staples: Olive Oil, Plain Flour, Eggs, Soy Sauce, Vinegar (White Wine Or Balsamic), Honey

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, oven tray** lined with **baking paper, box grater, paper towel, two medium bowls, large frying pan, spatula**, and a **plate** lined with **paper towel**.



1 ROAST THE SWEET POTATO

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm chunks. Place the sweet potato, a **drizzle of olive oil** and a **pinch of salt and pepper** on the oven tray lined with baking paper. Toss to coat, then roast for **20-25 minutes**, or until tender. Set aside to cool slightly.



2 PREP THE FRITTER MIXTURE

While the sweet potato is roasting, slice the kernels off the **corn** cob. Finely chop the **long red chilli** (if using). Thinly slice the **spring onion** (keep the white and green parts separate). Finely chop the **coriander**. Grate the **carrot** (unpeeled). Grate the **haloumi** (see **ingredients list**). Grate the **zucchini**. Place the zucchini in a paper towel and squeeze out the excess moisture.



3 MAKE THE FRITTER MIXTURE

In a medium bowl, combine the **corn kernels, carrot, haloumi, zucchini, long red chilli** (if using), **plain flour, eggs, soy sauce, spring onion** (white part only) and the **coriander**. Mix well to combine.

TIP: Lift out some of the mixture with a spoon, if it's too wet and doesn't hold its shape add a teaspoon of flour at a time!



4 COOK THE FRITTERS

In a large frying pan, add enough **olive oil** to coat the base and heat over a medium-high heat. Once hot, add **1/4 cup** of the fritter mixture and flatten with a spatula. Repeat with the remaining mixture, without crowding the pan. Cook for **3-4 minutes** on each side, or until golden. **TIP:** Don't flip early to ensure your fritters can set. Transfer to a plate lined with paper towel to drain. Repeat to use up all the mixture. You should get 3 fritters per person. **TIP:** Add **extra oil** as needed so the fritters don't stick.



5 MAKE THE TOSS

While the fritters are cooking, cut the **cucumber** into 2cm chunks. In a medium bowl, combine the **vinegar, honey and olive oil** (**1 tbs for 2 people / 2 tbs for 4 people**). Add the cucumber, **mixed salad leaves, sweet potato** and the **remaining spring onion** to the bowl with the dressing and toss to combine.

TIP: Toss just before serving to keep the leaves crisp.



6 SERVE UP

Divide the corn and haloumi fritters and sweet potato toss between plates. Serve with **sweet chilli sauce**.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweet potato	1	2
corn	1	2
long red chilli (optional)	½	1
spring onion	1 bunch	1 bunch
coriander	1 bunch	1 bunch
carrot	1	2
haloumi	½ block (90 g)	1 block (180 g)
zucchini	1	2
plain flour*	½ cup + 1 tbs	¾ cup + 2 tbs
eggs*	2	4
soy sauce*	2 tsp	1 tbs
cucumber	1	2
vinegar* (white wine or balsamic)	2 tsp	1 tbs
honey*	½ tsp	1 tsp
mixed salad leaves	1 bag (60 g)	1 bag (120 g)
sweet chilli sauce	1 tub (50 g)	2 tubs (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2940kJ (701Cal)	464kJ (111Cal)
Protein (g)	26.6g	4.2g
Fat, total (g)	38.1g	6.0g
- saturated (g)	11.3g	1.8g
Carbohydrate (g)	57.8g	9.1g
- sugars (g)	25.3g	4.0g
Sodium (g)	995mg	157mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

→ JOIN OUR PHOTO CONTEST!

   #HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

2018 | WK29

